



Information To Improve Your Selection and Use Of Foods In Your Home

Type 2 Diabetes in Kids and Teens

Volume IX



Until recently, type 2 diabetes was referred to as “adult onset” diabetes. This disease was thought to impact only adults. But over the past ten years, we have seen both the appearance and increase of type 2 diabetes in youth. This increase is so dramatic that some are calling it an epidemic.

Michigan State University Extension Family and Consumer Sciences reports there are several factors that increase the risk of developing type 2 diabetes. These factors include being physically inactive, having a family history of diabetes and belonging to certain racial and ethnic groups (American Indian, African American, Hispanic/Latino, Asian American and Pacific Islanders). One very important and preventable factor that increases risk for developing the disease is being overweight.

Children are at higher risk for developing type 2 diabetes if they are overweight. This is of concern because of the growing number of children who are now considered overweight. The 2001 Youth Behavior Risk Survey indicated that 11 percent of Michigan youth aged 10 to 24 years were overweight, and 14 percent were identified as at-risk for overweight. As more youth become overweight, there is an increased likelihood that more cases of type 2 diabetes surface. After several years, diabetes can lead to numerous health problems. Among these are heart disease, stroke, blindness, kidney disease and nerve problems. Good nutrition and physical activity are keys to managing and preventing type 2 diabetes.

Children who are at risk can avoid the disease by eating healthy, increasing physical activity to 60 minutes a day and maintaining a healthy weight. Healthy eating means consuming five to nine servings of fruits and vegetables daily, eating whole grains and consuming at least two to three servings of dairy foods, like low fat cheese, low fat milk and yogurt.

Organizations to Contact for More Information about Diabetes... American Diabetes Association: www.diabetes.org or 1-800-342-2383; Centers for Disease Control and Prevention; and National Institutes of Health National Diabetes Education Program: www.ndep.nih.gov.

Source: MSU Extension - www.fcs.msue.msu.edu/diabetes-health

WORD WISE

Maintaining a healthy weight

Healthy children come in all shapes and sizes. They grow in spurts and may seem too heavy for their height at one time or just right or even too slender at another time. A child who is overweight or underweight needs support. Share some of these thoughts with your child:



- J Healthy eating and physical activity are important in getting the body that's right for you.
- J People come in all shapes and sizes and that's okay.
- J Always check with your doctor about concerns you may have regarding healthy weight.

Source: MDCH and Michigan Dept of Ed.

Fit Kids on the Move

How much activity is healthy?

Children and adolescents need enjoyable physical activities that total at least 60 minutes per day. The activity can be moderate, but should make the heart beat faster and the breathing heavier than normal. Greater health benefits can be achieved by participating in activities that are more strenuous for 20 minutes or more at least three times per week.



Source: www.mihealthtools.org/schools

Foodborne Illness: How to Keep from Getting Sick

"It must have been something I ate," is often the explanation for what many people call the "stomach flu." Scientists however, have a different name for this problem. They call it foodborne illness and estimate that each year, between 6.5 million and 33 million people suffer from its consequences.

Most cases of food-borne illness can be prevented through some simple food handling and storage steps. All it takes is a little know-how and everyday weapons such as soap and water, a refrigerator and a good thermometer to check the temperature.



What is a foodborne illness?

Foodborne illness is the sickness that results from eating foods that are contaminated with harmful bacteria and other microorganisms. Although you may not see, smell or taste these "bugs," under the right conditions, they may be present on the foods.

Common symptoms of foodborne illness include diarrhea, abdominal cramps, fever, headache and vomiting. These symptoms may come on as early as a half hour after eating contaminated food or may not develop for up to two weeks. They usually last only a day or two, but in some cases can persist a week or more. For most healthy people, foodborne illnesses are neither long-lasting nor life-threatening. However, the consequences can be severe and may require hospitalization and even lead to death in the very young, old and those with weakened immune systems.

How to keep foods safe...

Because bacteria can survive on raw foods despite aggressive controls at the processing and retail levels, food safety experts urge consumers to think about food safety at each step in the food handling process. Special care should be taken while shopping, bringing takeout-foods home and storing leftovers. This means consumers should always follow these four simple steps:



- ❶ Clean - Wash hands, utensils and surfaces with hot soapy water before and after food preparation. This is especially important after preparing meats, poultry, eggs or seafood to protect adequately against bacteria.
- ❷ Separate - Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods. Never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs or seafood.
- ❸ Cook - Cook food to the proper internal temperatures and check for doneness with a food thermometer. Cook eggs until both the yolk and white are firm.
- ❹ Chill - Refrigerate or freeze perishables, prepared food and leftovers within two hours. Make sure the refrigerator is set at no higher than 40°F and that the freezer unit is set at 0°F.

Source: Michigan Food Safety Task Force & USDA

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